

Sloppy Joes Revisited

Simple Every Day | April 2008



Boost the flavor and healthfulness of this family favorite with organic meat and fire-roasted tomatoes, fresh veggies, and a whole lot of whole grain.

START TO FINISH: 25 MINUTES

- 1 LB. GROUND 90% LEAN HORMONE-FREE ORGANIC BEEF
- 1 ONION, CHOPPED*
- 1 SMALL RED SWEET PEPPER, CHOPPED*
- 1 CARROT, SHREDDED* AND/OR CORN KERNELS
- 1 14-OZ. CAN ORGANIC FIRE-ROASTED DICED TOMATOES OR MEXICAN STEWED TOMATOES, CUT UP
- 1/2 OF A 6-OZ. CAN TOMATO PASTE (1/2 CUP)
- 1/4 CUP WATER
- 2 TBSP. WHEAT GERM OR ROLLED OATS
- 1 TBSP. WORCESTERSHIRE SAUCE
- 1 1/2 TSP. HOT CHILI POWDER
- 1 1/2 TSP. GROUND CUMIN
- 1/2 TSP. GARLIC SALT
- 6 WHOLE-WHEAT HAMBURGER BUNS, SPLIT AND TOASTED

In a large skillet cook meat, onion, sweet pepper, and carrot until meat is brown. Drain off fat. Stir in undrained tomatoes, tomato paste, water, wheat germ, Worcestershire sauce, chili powder, cumin, and garlic salt. Bring to boiling. Reduce heat. Simmer, uncovered, for 5 to 10 minutes or until desired consistency is reached. Serve in buns with ketchup, mustard, and pickles. Serves 6.

*NOTE: Try chopping the onion and sweet pepper in the food processor; switch blades to shred the carrot.

Per serving: 351 cal., 10 g total fat (3 g sat. fat), 49 mg chol., 574 mg sodium, 42 g carbo., 5 g dietary fiber, 23 g protein.

CROCKERY COOKER: Prepare as directed except, after draining fat from cooked-meat mixture, place mixture in a crockery cooker. Stir in remaining ingredients (except buns). Cover and cook on low-heat setting for 6 to 8 hours or high-heat setting for 3 to 4 hours. Spoon into buns and serve.

TIP

Most of the ingredients for these sandwiches can be found in organic form, including the Worcestershire sauce and spices. For organic condiments, we like Westbrae Honey-Sweetened Ketchup, Tree of Life Stone Ground Mustard, and Cascadian Farm Dill Pickles.